

Ladders and Safety



Before using a ladder, inspect it for faults, such as broken rungs or rails. If it is an extension ladder, inspect the pulleys, ropes and locks for excessive wear. Also, check the footings and pads to make sure they still provide a non-skid surface.

- When setting up a ladder, make sure the ground it is set upon is level and stable.
- Do not set the ladder up on a muddy surface or you may find yourself falling over.
- Do not use bricks or other material to raise the height of the ladder.
- If it is not tall enough, you are using the wrong ladder.
- The ladder should reach a minimum of three feet above the "point of support" and should be secured at this point.
- When using extension ladders, abide by the 1:4 rule. This means if you are using a 12 foot ladder, the base should be three feet from the structure.
- When using a stepladder, make sure the folding cross braces are locked in the proper position before you step onto it.

- Always face the ladder when ascending or descending, and have both hands free to grasp it securely.
- If you need tools, they should be carried in a tool belt or pulled up with a rope once you have reached your destination.
- Remember the "3-Point Rule": At least two hands and one foot, or two feet and one hand, should be in contact with the ladder at all times, while climbing and descending.
- Keep your body between the side rails of the ladder. This reduces the chance of tipping it over and/or falling off.
- Do not climb higher than the third rung from the top on straight or extension ladders or the second tread from the top on stepladders.
- By following the above rules, you greatly reduce your chances of being injured while working on ladders. Remember, the life you save will be your own!

(Note: if you can't keep your balance have another person help you maintain your balance)

Research your topic to answer simple questions that help you focus on **SAFETY HAZARDS/ACTIONS** and **steps** for getting your safety meeting off on the right foot!

Safety Meeting Purposes:

List at least two **hazards** that you put you and others at risk from prior activities and work practices. **Discuss:**

- ✓ What hazards or issues cause the most injuries and/or accidents in your workplace?
- ✓ How do hazards affect you and co-workers?
- ✓ Why do shortcuts lead to injuries and/or accidents?

List what **actions** are needed to avoid such hazards, using improved steps to keep your workplace safe. **Discuss:**

- ✓ How can hazards be avoided or eliminated?
- ✓ What safety specifics and precautions should be taken to prevent future injuries and/or accidents in your workplace?

Safety Meeting Resources

http://www.agcin.org/pdf/tbt-safe_ladder_Usage.pdf

<http://www.transportation.nebraska.gov/intranet/hrintra/training>